Oral Health Fact Sheet

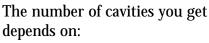
Bureau of Oral Health Services

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Food Facts for Healthy Teeth

Choose healthy foods that are good for your body! Good eating habits formed at an early age continue through out life.

Eating foods that stick to the teeth and have a lot of sugar (e.g., carmel, candy, sweetened cereal, candy bar) can lead to cavities.



- how many times you eat each day.
- **how long** the food is in the mouth.
- how sticky the food is.





Best Bites!

- Raw fruits and vegetables*
- Pizza
- Nuts*, pretzels, bread sticks, popcorn*
- Finger sandwiches with spreads like egg salad, peanut butter or tuna salad
- Bagels or pita bread
- Graham or whole grain crackers
- Meat and cheese slices
- Yogurt, applesauce or fruit cups
- Milk-low fat or skim for children over 2 years
- Unsweetened fruit or vegetable juice

